



SECTION ONE Standard House Diets

Diet manual

Modified Fat Diets

Type I Hyperlipoproteinemia Diet

Food Groups	Servings/Day	Foods Allowed	Foods Not Allowed
Dairy	As Desired.	Skim milk; non-fat or low-fat yogurt (limited amounts).	Whole milk, low-fat milk, buttermilk, eggnog, milkshake, chocolate milk.
Meat or Substitute	4-5 oz.	Baked, broiled, or boiled poultry (without skin), fish, shellfish, water-packed canned fish. Limited amounts of lean beef, pork, veal. Low-fat cheese (up to 3 gm fat/ounce).	Those containing >4 gm fat/ounce, fried meats, luncheon meats, oil-packed fish, frankfurters, sausage, peanut butter, regular cheese.
Egg	0-1	1 egg or substitute, egg whites as desired.	Fried egg.
Potato or Substitute	As Desired.	Potato, rice, noodles, spaghetti, macaroni (prepared without added fat).	All others.
Vegetables	As Desired.	Any vegetable prepared without added fat.	Buttered, creamed, or fried vegetables.
Fruits & Fruit Juices	As Desired.	Any fresh, canned, frozen, or dried.	None
Breads & Cereals	As Desired.	All plain bread and rolls, graham crackers, matzoh, saltines, all cereals.	Biscuits, doughnuts, sweet rolls, muffins, pancakes, french toast, cornbread, snack crackers.
Fats	As Desired.	MCT oil or spread, fat-free salad dressing.	Gravy, sauces, bacon, all visible meat fat, cream, butter, margarine, regular or low-fat dressing, mayonnaise, oil, non-dairy creamers.

Type I Hyperlipoproteinemia Diet

Beverages	As Desired.	Coffee, decaffeinated coffee, tea, carbonated beverages, fruit drinks.	Any containing fat.
Soups	As Desired.	Broth, broth-based soups containing up to 1 gm fat/serving.	All others.
Desserts	As Desired.	Gelatin, angelfood cake, fruit ice, popsicle.	Pies, cakes, cookies, custards, puddings, ice cream, pastries.
Miscellaneous	As Desired.	Honey, jelly, sugar, syrup, salt, pepper, catsup, lemon, pickles, hard candy, gum drops, sourballs, mustard, marshmallows.	Chocolate, cocoa, buttered popcorn.

Suggested Meal Plan

Breakfast	Lunch	Dinner
Fruit or Juice	Poultry, Fish, or Substitute	Poultry, Fish, or Substitute
Cereal	Potato or Substitute	Potato or Substitute
1 Egg Substitute	Vegetable	Vegetable
Toast	Salad/Fat-free	Salad/Fat-free
MCT Spread	Salad Dressing	Salad Dressing
Jelly	Fruit/Dessert	Fruit/Dessert
Skim Milk	Bread	Bread
Beverage	MCT Oil/Spread	MCT Oil/Spread
	Jelly	Jelly
	Beverage	Skim Milk
		Beverage